

## Programs Available to You

### "Do Not Call Registry Benefits Seniors"

Senator Jackie Speier supported passage and implementation of this innovative program. "There is nothing more annoying than being disturbed by telemarketers trying to sell us things that we don't want," Senator Speier says that you have three ways to sign up:

1. Online: [nocall.doj.state.ca.us](http://nocall.doj.state.ca.us)
2. By Phone: (888) 398-7867, or
3. Write to: The California Attorney General's Office: P.O. Box 989056, West Sacramento, Ca 95798-9056.

The national list takes effect this October and telemarketers will not be allowed to call consumers on the list.

### Conversational Language Groups

Do you speak another language? Come, chat, make new friends and keep your language fluent. The Twin Pines Senior and Community Center is forming many conversational language groups: **Chinese, French, Italian, Spanish, Russian.** Please phone (650) 595-7444 for more information on how you can get started conversing in a fun and friendly setting.

### We're making models!

Are you a model enthusiast? Or interested in meeting new people and want to be creative by putting together a car, plane or other type of construction project? We are forming a new Model Making group for anyone who wants to create a favorite project in a fun and social environment. Phone 650/595-7444

### Chess Players Wanted

Do you play chess? Would you like to meet new people and play chess at the Twin Pines Senior & Community Center? We are forming a new chess group. phone (650) 595-7444 to place your name on the chess game schedule.

### Card Players Wanted

Do you play Pinochle or Hearts? Would you like to meet new people and play at the Twin Pines Senior & Community Center? Our Card group meets from 12:00-2:00pm each Wednesday. Reservations are not required. New players are most welcome.

### MAH JONG

Mah Jong is played at Twin Pines on the second and fourth Friday of each month at 1:00. Everyone is welcome. For more information, please call Bev Beck at (650) 595-4654.

### What's Your Game??

#### Scrabble, Yahtzee, Dominos?

Join us for fun, games, and new friends. Come to Game Days at the Twin Pines Senior & Community Center. Scrabble and other various games will be played on the first and third Thursday of each month from 12:00-2:00pm. Reservations are not

### Stamp Collectors

Calling all stamp collectors! We have a Stamp Group that meets on the fourth Monday of each month at 10:00. Come swap information, ideas, and stamps! For more information call (650) 595-7444 or Rich Coleman at (650) 341-7978.

### VIDEO LIBRARY

We have a new Video Library! You may check out videos free of charge for two weeks. A variety of selections are available. Stop by the receptionist desk to see the list of videos available and check out one that appeals to you. Get some popcorn and enjoy the show in the comfort of your home. Thank you to Agnes, Bill Harman and Barbara Young for their generous donation of videos! Do you have videos you no longer need? Your donations are also welcome.

# Programs Available To You

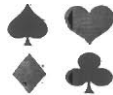
## Needlecraft

Bring your newest needlework project to the Twin Pines Senior and Community Center every Tuesday from 12:30-2:30 P.M. The needlecraft group meets on an ongoing basis in a social atmosphere to exchange and share new projects and ideas. All levels are welcome.



## Video Exercise

If you would like to exercise in an informal and friendly environment, then you may want to join the Video Exercise group. This group of dedicated exercise enthusiasts meets every Monday, Wednesday, and Friday morning at 9:30 to exercise to videos. They meet in the game room of the Twin Pines Senior and Community Center. There is no fee to join and all are welcome. The class is coordinated by Barbara Young and Betty Slay.



## Bridge Group

Join the Bridge group that meets every Thursday afternoon from 12:30-4:00 P.M. The bridge program is available on a drop-in basis. Anyone interested in playing bridge may come on Thursday afternoons. Phone 595-7444 or 591-8712 for more information.

## Senior Safety Day

Co-sponsored with Belmont Police Department

**JULY 29th** 9:30-1:00 P.M. FREE

important information you must know about:

**Emergency Preparedness  
Home and Fire Safety  
Scams**

**Personal Protection  
Luncheon included.**

Phone 595-7444 to register

## Computer Programs

### Beginning Computer Class

This "entry level" class will define basic computer terms and demonstrate what a personal computer can do for you. Free! Class size is limited, and all beginning computer classes are usually full. Phone (650)595-7444 to place your name on a waiting list, and you will be notified when a class opening becomes available for you.



### Computer Volunteers Wanted

Would you like to share your computer knowledge with others? We are looking for volunteers to teach small groups of seniors the basics of computer operations. To volunteer, or for more information on the computer lab hours, please call (650) 595-7444.

### Internet:

Seniors may now access the Internet at the Twin Pines Senior and Community Center. Please call (650)595-7444 for information on Internet instruction and lab hours.



### Hospitality Committee

Are you newly retired? New to town? Are you familiar with the many services available to you at the Twin Pines Senior and Community Center? Our Hospitality Committee would be glad to talk with you about the classes, clubs, and special events. For more information, please call our Hospitality Committee representative Helen Brink (593-3385). We would like to hear from you!



Twin Pines Senior & Community Center  
**VOLUNTEER CORNER**



For the next several months I will be introducing and acknowledging our wonderful volunteer team. The Center runs more smoothly with their help. Their efforts and dedication are much appreciated. Some volunteers you have met but there are a lot of others that work behind the scenes that you are not aware of.

This month accolades go out to the lunch program and bread program volunteers.

Bob Ahrens  
Mike Luciani  
Lupe Olivan  
Jack Muskat  
Art Fenech  
Helen Falkin

Mary Nominer  
Reggie Sanford  
Howard Branchard  
Mavra Jaramillo  
Dale Pendleton  
Larry Mialovich

Ceta Larid  
Betty Slay  
Barbara Young  
Colleen Dale  
Ruth Hume  
Gibria Louie

## Programs Available to You

**Back to the Center Night**  
**Wednesday, September 3rd, 2003**  
**5:00-7:00pm**

Spaghetti Dinner - Entertainment - Speakers  
 This event is **FREE** - Seating is limited. Call (650) 595-7444.

### SUMMER FILM SERIES

Sit back, relax, and enjoy our Summer Film series. Films will be shown each Monday at 12:00noon. Reservations are not needed.  
 Featured topics:

JULY - Biographies of Famous People  
AUGUST - Travel to Various Countries

### Together Time (4 Classes)

AGE: 3-6 years with a grandparent  
 FEE: \$57 Resident, \$68 Non-resident  
 LOCATION: Barrett Annex (next to Multi Use)  
 INSTRUCTOR: Jackson Robertson  
 FEE: \$12 payable to Instructor at first class

Are you one of the many grandparents who are looking for activities you can do with your grandchildren? Come meet other grandparents in a social and fun atmosphere! Together Time is a new class that will include arts & crafts, music and new friends.

5562.201	W	10:00-11:00am	7/9 - 7/30
5562.202	W	10:00-11:00am	8/6- 8/27

### Variety Show

The P.S. Performers, an award winning youth group, will perform your favorite "Golden Oldies" at 12:00 noon on Wed.

**July 30th.** An intergenerational Ice Cream Social will be held after the show. **FREE!**  
 Reservations needed - call 595-7444.

City of Belmont  
 Annual City Wide  
**Garage Sale**

**Sat. August 2nd, 2003**



Buyers - Mark this date on your calendar!!

*This year we will be advertising in the paper, in addition to the list we produce.*

*Free lists are available on our website a week before, and at our office.*

*To have your sale listed on the city wide list, return the registration form NO LATER THAN JULY 23rd. Late applications will NOT be accepted! No exceptions!*

Annual City Wide Garage Sale  
 Registration Form - Fee - \$5 (to offset advertising costs)

☐ Yes! I would like to be included on the City Wide Garage Sale List!  
 Please Print:

Name: \_\_\_\_\_

(will not appear on list)

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

(will not appear on list)

Items to be sold (list 1-5 items): \_\_\_\_\_



Return this form with a check\* to:

Belmont Parks & Recreation Department  
 1225 Ralston Avenue  
 Belmont, CA 94002  
 \*make checks payable to City of Belmont



### Living Trust & Other Estate Planning (1 Class)

AGE: Adult  
 FEE: Free  
 LOCATION: Twin Pines Senior & Community Center  
 INSTRUCTOR: Thomas Johnson

A local attorney explains how to use a living trust to avoid probate fees, federal estate taxes and conservatorship, and how to use it in conjunction with Durable Power of Attorney documents to plan for "legal incapacity". Keep decisions regarding your health and finances in the hands of people you trust and out of the court's jurisdiction. Attend any one session.

5575.201	W	10:30 - noon	7/16
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## Programs Available to You

# Weatherization

Free Weatherization program for homes, apartments, and mobile homes of low-income owners and/or renters. May include, but not limited to: attic insulation, minor home repair, exterior door replacement, glass replacement, weatherstripping, showerheads, thermostats, heater repair/replacement, water heater repair/replacement, replacement of cook stove, refrigerator, microwave oven, installation of CO detectors, and compact fluorescent light bulbs based on CAA's dwelling assessment.

Did you know that you may qualify for this program?  
Please call The Community Action Agency at  
(550) 595-1342 ext. 22, 30 or 31 if you are interested.

## Senior Strength (5 Classes)

AGE: Adult

FEE: \$39 Residents, \$46 Non-residents

LAB FEE: \$4 (new students only) payable to instructor at 1st class

LOCATION: Twin Pines Senior & Community Center

INSTRUCTOR: Burke Hammond, Bounce Back

Increasing muscular strength will improve your bone density and quality of life. Each class includes standing warm-ups, and seated strength exercises using resistance bands. It is appropriate for every fitness level. Come join this fun

5502.203

M

2:00-3:00pm

7/12-8/2

## INDEPENDENCE DAY CELEBRATION

### THURSDAY

### JULY 3, 2003

### 11:30

Join us for a special lunch as we celebrate Independence Day. Wear Red, White and Blue and get ready to HAVE FUN! There is a suggested donation of \$2.00 for those over 60. This program is offered in conjunction with San Mateo County. Phone 595-7444 for reservations.



## HAPPY FLAG DAY



The teacher was showing her class a book of flags. She pointed to the American flag and asked "What flag is this?"

A little girl called out "That is the flag of our country." Very good," the teacher said, And what is the name of our country?" "Tis of thee," the girl said confidently.

## In Home Fall Prevention and Home Safety Program

brought to you by Twin Pines Senior Center, Sequoia Hospital, and Fall Prevention and Home Safety Task Force

An exercise physiologist from Sequoia Hospital Health and Wellness, along with a member of Redwood City Fire Department, will come to your home to provide you with a free home fall risk and safety assessment. You will also receive an individual fall risk assessment test, recommendations for strength and balance training exercises, educational materials and community resources. You'll have a phone consultation with a pharmacist to discuss your current medications and fall risk. To learn more about this, or schedule an appointment, call Kristen Gurley, M.S., at Sequoia Hospital (650) 367-5991.

## CERTIFIED FARMERS' MARKET

South Carlin Parking Lot on El Camino Real

Every **SUNDAY 9:00AM - 1:00PM**

Come visit the Belmont Certified Farmers' Market to taste and buy some of the season's freshest fruits and vegetables, fresh Artisan Breads and Pastries.

Market is open every Sunday, rain or shine, until November 16.



Register for the above classes at the Belmont Park & Recreation Department